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PRESS RELEASE – For Immediate Release

Contact: Susie Beem, Arthritis Program Coordinator, 737-5946

People with Arthritis Can Exercise at Filer Senior Center

Do you have arthritis? Would you like a way to help relieve some of the pain that is associated with arthritis? Studies have found that physical activity can help alleviate some arthritis pain.

Filer Senior Haven, South Central District Health, and the Arthritis Foundation are partnering to offer the Arthritis Foundation's People with Arthritis Can Exercise (PACE) class at the Filer Senior Center located at 222 Main Street in Filer. This class will be held on Mondays, Wednesdays, and Fridays from 1:30-2:30 p.m. The cost is \$2 per class. New participants can register on-site at their first class.

Laurie Keeley, a certified PACE instructor, will lead participants through a series of specially designed range-of-motion and muscle-strengthening exercises. Increased flexibility, reduced pain and stiffness, increased muscle strength, and a better sense of well-being are among the benefits reported by participants in the program. The PACE program also provides an opportunity for people with arthritis to meet others and to have fun in a friendly and supportive atmosphere.

For more information on the PACE class, please call Susie Beem, Arthritis Program Coordinator for South Central District Health, at 737-5946, or Laurie Keeley at 326-4608.

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